

August 2006

The Senior Scene Vistas de los Mayores

City of Santa Fe
Division of Senior Services



a complimentary monthly publication

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES**Administration Office**

1121 Alto Street, Santa Fe, New Mexico

Patricia Rodriguez, Director

Administration

Patricia Rodriguez, DSS Director	955-4799
Ron Vialpando, DSS Assistant Director	955-4710
Mary Dean, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Liz Williams, Reception	955-4741

Marketing

Jackie Gonzales, Marketing/Advertising	955-4740
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Nutrition

Ron Vialpando, DSS Assistant Director	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Secretary	955-4739
Carlos Sandoval, Inventory Supervisor	955-4749
Enrique DeLora, Inventory Technician	955-4750

Meals On Wheels

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

Senior Center Programming

Lupita Martinez, Center Prog. Admin.	955-4725
Christine Sanchez-Warren, Prog. Coordinator	955-4715
Cristina Villa, Program Coordinator	955-4733
Carmen Chavez-Lujan, Prog. Coordinator	955-4754

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743
Patricia Moeller, Senior Services Clerk	955-4735

In Home Support Services, Respite Care**Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

Senior Olympics/Health Promotion

Carmen Chávez-Luján, Program Coordinator	955-4754
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Senior Registration

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

Transportation**Ride Reservations 955-4700**

Robert Chavez, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4702
Linda Quesada, Administrative Secretary	955-4756

Miscellaneous

Lobby Area	955-4735
Craft Room	955-4736
Pool Room	955-4737
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794
Conference Room	955-4757

Newsletter Production

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist
David R. Gonzales, Cover Illustration,
"Adobe House, Santa Fe"

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO	351-4686
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Benny Chavez Community Center	
Chimayo, New Mexico 87522	

EDGEWOOD	281-2515
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114 Quail Trail	
Edgewood, New Mexico 87015	

EL RANCHO Community Center	455-2195
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P.O. Box 3860	
Santa Fe, New Mexico 87501	

ELDORADO	No Phone
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1 Hacienda Loop	
Santa Fe, New Mexico 87505	

LUISA	955-4717
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Kitchen	955-6898
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1522 Luisa St. (enter from Columbia St.)	
Santa Fe, New Mexico 87501	

MARY ESTHER GONZALES	955-4721
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1121 Alto St. Santa Fe, New Mexico 87501	
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MEG Kitchen	955-4751
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PASATIEMPO	
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Kitchen	955-6433
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664 Alta Vista St.	
Santa Fe, New Mexico 87501	

RIO EN MEDIO Community Center	988-3053
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El Alto Lane	
Rio en Medio, New Mexico 87506	

SANTA CRUZ	753-8598
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Abeldon Lopez Community Center	
Santa Cruz, New Mexico 87567	

VENTANA DE VIDA (Pacheco)	955-6731
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1500 Pacheco St.	
Santa Fe, New Mexico 87505	

VILLA CONSUELO	474-5431
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1200 Camino Consuelo	
Santa Fe, New Mexico 87505	

DIRECTOR'S REPORT

Dear Seniors,

Summer is the season when everyone is out and about enjoying a variety of activities. It is also a good time to share your energy and enthusiasm with your peers by engaging in a variety of activities and services specifically designed for you!

Interested participants often ask me, “**What age do I have to be in order to participate?**” Although we would like to offer these services to anyone walking through our senior center doors, we must follow the **eligibility requirements** that are set forth by our funding sources. For example the following services and activities have their respective **age requirements**:

Age 50+

Senior Olympics

- Health and Fitness via organized competitive sporting events
- Local, state and national Senior Olympic competition
- Use of Fort Marcy Complex for registered Senior Olympic participants

Age 55+

Retired and Senior Volunteer Program (RSVP)

- Variety of volunteer opportunities to choose from
- Over 50 volunteer stations throughout your community
- New volunteer opportunities for Baby Boomers
- Recognition events, gifts, and free volunteer insurance

The Following Title III Services have Mandated Eligibility Provisions Required by the Older Americans Act

Age 60+ or Spouse of Individual 60+

Nutrition

- Congregate Meals
- Home Delivered Meals

Assisted Transportation

- Door to Door service
- Para-Transit (ADA)

In-Home Support Programs

- Home Management
- Respite “relief” Care
- Non-Medical Personal Care
- Caregiver Support Groups
- Grandparents Raising Grandchildren
- Durable Medical Equipment Loan Bank

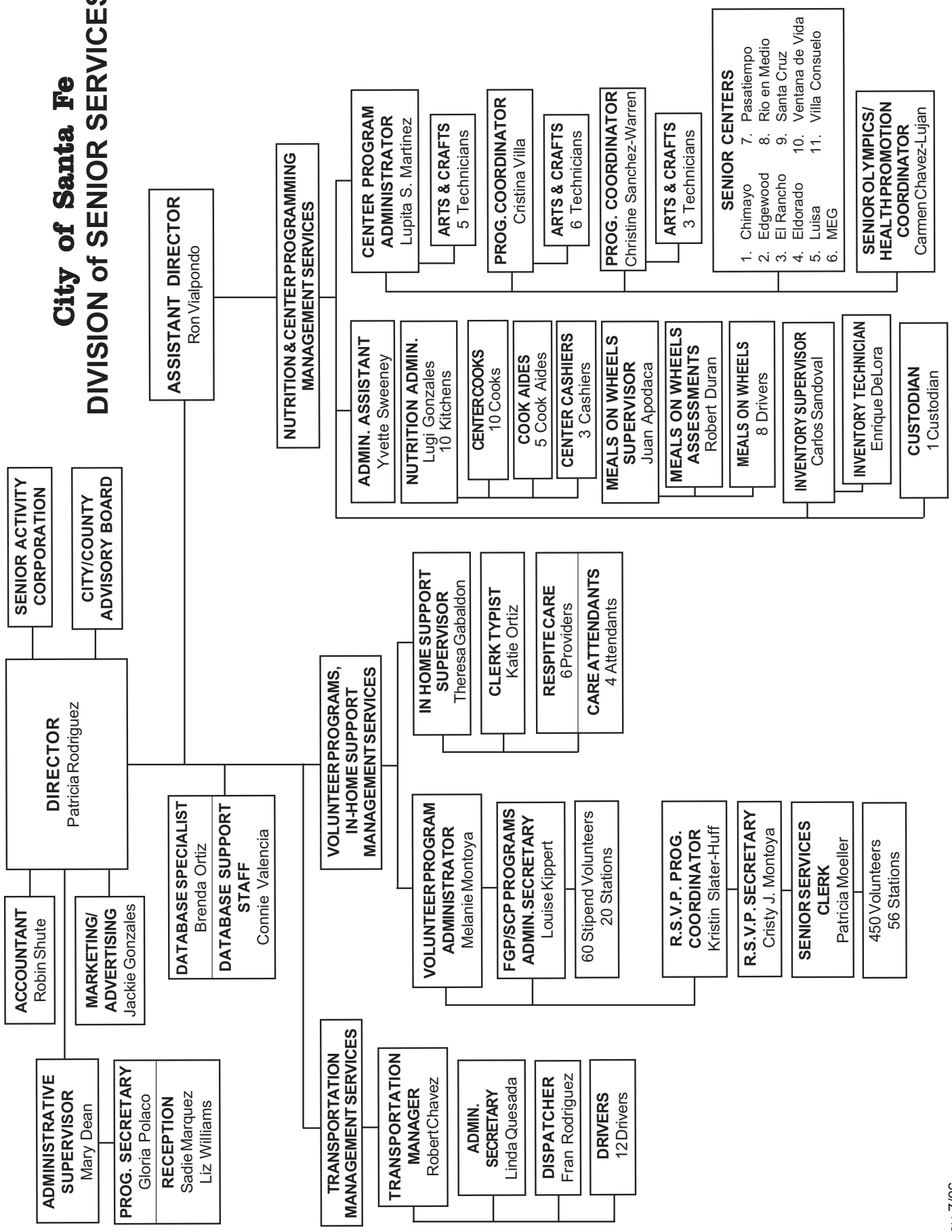
I cordially invite you to join your peers and the staff at any of our 11 senior centers located throughout the City and County of Santa Fe. In order to qualify and participate for the above mentioned Title III services, please call or come by the Mary Esther Gonzales Senior Center (our main administrative office) to officially register. While you are visiting our centers you may want to enjoy a delicious hot nutritious meal.



May God Bless You All,

Fabricia

City of Santa Fe
DIVISION OF SENIOR SERVICES



SENIOR SERVICES PROGRAM INFORMATION

Do you have a Senior Center Membership ID Card?

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive funding for our programs. So, it is vital for seniors to get a card and have it each time they use any Senior Services program.

If you do not have a card, please come get one. The card only costs \$2 and \$1 if you lose your card or information needs to be updated.

If you have any questions, please call Brenda Ortiz at 955-4722.

According to the Older American's Act a person **must be 60 years of age or older** in order to be eligible to receive services from a senior program.

The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for congregate meals service only), and/or
4. Be an active, registered Retired and Senior Volunteer (RSVP) age 55 or older;
and must
5. Be an enrolled member of the DSS, having obtained a Senior Center Membership I.D. Card.

For individuals who currently possess a Senior Membership I.D. Card, but no longer meet the above eligibility criteria, please contact Brenda Ortiz at 955-4722.

**PLEASE NOTE: The camera for ID cards is out of order.
Call 955-4721 for repair updates.**

SENIOR TRANSPORTATION INFORMATION

Cost: Seniors age 60 or over .50¢ suggested donation per ride (one way trip)
Under 60, but ADA certified, \$2.00 required fee per ride (one way trip).

Eligibility: If you are under 60 and ADA certified, you must contact Annette Granillo in Transit at 955-2002 for transportation services. If you are 60 or over and use a wheelchair, you may contact Annette or call Senior Services Transportation at 955-4700.

Schedule: Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays, and 8:00 a.m. to 4:30 p.m. on Mondays, Wednesdays, Thursdays, & Fridays.

Rides for medical appointments are given top priority over all other rides.

Rides for personal errands and shopping assistance should be scheduled on Tuesdays and Thursdays. Every 3rd Tuesday rides will only be provided for commodities, medical appointments, and the lunch run.

Contact: Call 955-4700 for all ride reservations.

Ride reservations must be made **at least 24 hours in advance**, before 3:00 p.m.

Ride reservations for medical appointments should be set as soon you are aware of the scheduled medical appointment time. **In order to avoid delays in service, contact our office immediately to cancel scheduled rides.**

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

NEWS & VIEWS

They Will Be Missed.....

Tito S. Griego age 89, of Santa Fe passed away June 30, 2006, after a brief battle with cancer. He was born in San Jose, NM on June 5, 1917. Mr. Griego graduated from St. Michael's High School in 1940. He was owner of Tito's Market and Tito's Food Line. He served on the USS Iowa in World War II, and later was a member of the New Mexico National Guard. He was a member of the Knight of Columbus 4th degree and a fraternal member of the Elks Club. Mr. Griego was a friend to many and was very helpful to those who needed help. Mr. Griego enjoyed having lunch with his friends at Mary Esther Gonzales Senior Center every day. He will be missed by his family and friends.



Ursulita Trujillo age 96, a resident of El Rancho, passed away on Saturday, July 8, 2006, following a short illness. Ursulita was raised in El Rancho. She then married Antonio Trujillo on September 5, 1929 in Santa Cruz; she lived in El Rancho most of her life. She has been active in the Senio Citizens Center in El Rancho and a member of Nuestra Señora de Guadalupe Del Valle of Pojoaque. She also loved to play bingo and go the casino and visit Las Vegas, Nevada. In lieu of flowers, donations may be made to El Rancho Senior Citizens Center. She will be missed.



Flea Market

The MEG Senior Center hosts a mini flea market on the second Tuesday of every month, from 8:00 a.m. to 1:00 p.m. Seniors come and bring all sorts of items for purchase. Please come and browse at their tables. If you are interested in reserving a table to sell your own items, please contact Lupita Martinez at 955-4721.

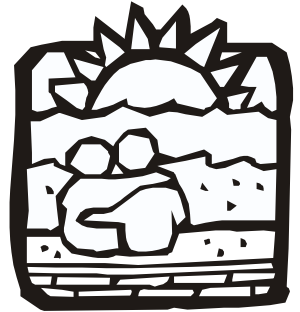
Coping

(Submitted by Edgewood Senior Simon Arizigian)

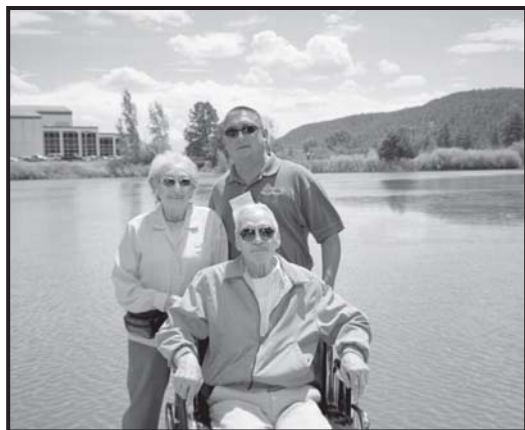
A definition of coping goes something like this: "to struggle or contend-with some success". That describes what one sees when looking over a group of seniors at the senior center. Probably every one of the seniors at the center has some medical problems-some may be minor while others may be severe. This is to be expected since all are over 60 years of age, when a whole range of illnesses can attack. The important, and significant, thing that comes to mind, when you visit a senior center over a period of time, is that the seniors by and large appear to be happy. The frequent visitor to the center would be aware of the illnesses that various seniors are contending with, and would note how they are coping with medical problems. To see seniors in wheelchairs moving around and taking part in activities; or other seniors pulling an oxygen tank around as they also participate in the day's activities; gives one hope that illness need not prevent the enjoyment of life. Those seniors, with outward signs of their illness, and the many others with no outward manifestations of illness, are all coping with their medical problems. I include myself in that respect.

A newcomer to the senior center should take comfort in the fact that the seniors who are present seem to be happy. Sitting at home alone, a person tends to dwell on the aches and pains he or she may be struggling with. Being in the presence of others, who are also contending with a medical situation, will tend to divert attention from one's own medical problems at least for a while.

To conclude, it is obvious to me that the senior centers, in addition to everything else, offer a place where seniors can be with others in similar circumstances and know that life can be enjoyed in spite of medical problems. We may conjecture that visits to senior centers boost the quality of life and may even extend life itself. Why not try it if you have not already done so?



NEWS & VIEWS



New Mexico Conference on Aging

Don't forget to attend this year's Conference on Aging, organized by the N.M. Aging & Long-Term Services Department, August 15, 16 and 17 at the Glorieta Conference Center.

There will be over 100 different workshops, three fascinating plenary speeches, four round table discussions, a Health Fair all day Wednesday (so bring all your medications for a prescription safety assessment), an Art Break area, a dance and a play and many other performances.

For more conference information, or to receive a registration packet, call toll-free (866) 842-9230.

Russian Waterways River Cruise Tour



Senior and world traveler Flora Leyba invites interested seniors to join her on a 16-day river cruise tour of Russia which may be in summer of

2007. The tour is led by Grand Circle Travel. From the cities to the countryside, they will show you Russian cultures and stories. Their Discovery Series events bring history to life, like a meeting with Russian WWII veterans and a home-hosted visit in a rural village. The cruise includes land stays at hotels in St. Petersburg and Moscow.

The tour cost is \$4227 which includes roundtrip airfare from Albuquerque. Optional extensions to Finland and Estonia or Kiev, Ukraine, are available as well.

For more information, call Flora at 983-7890.

Board Outreach Program

The Santa Fe Senior Citizens Advisory Board has begun an Outreach Program. The following Advisory Board members will be at the following Senior Centers to provide assistance, address concerns, or help any senior citizen. Anyone wishing to confer with the respective Board Member assigned to a particular Senior Center can either ask for an appointment or drop in.

Chimayo Center

- First Tuesday of every month, 9:00 a.m. to noon, Tony Rivera

Edgewood Center

- First Monday of every month, 9:00 a.m. to noon, Robert Pavia

El Rancho Center

- First Wednesday of every month, 9:00 a.m. to noon, Laura Lujan

Eldorado Center

- First, second and fourth Wednesdays, 11:30 to 12:30, Phyllis Dickens

Luisa Center

- First Wednesday of every month, 11:00 a.m. to 1:00 p.m. Art Baca

Mary Ester Gonzales Center

- Every Monday, 9:00 a.m. to noon, Advisory Board Chairman Andres Romero
- First Tuesday of every month 9:00 a.m. to noon, Adv. Board Secretary Virginia Lucero

Pasatiempo Center

- First Thursday of every month 9:00 a.m. to noon, Advisory Board Vice-Chair Don Bell

Rio En Medio Center

- First and Third Tuesday of every month, 9:30 to 12:30, Robert Fernandez

Santa Cruz Center (Abedon Lopez)

- Third Tuesday of every month, 9:30 a.m. to 12:30, Andres Romero

Ventana de Vida Center

- Second Monday of every month, 9:00 a.m. to 12:00, Mary Louise Giron

Villa Consuelo Center

- Third Thursday of every month, 9:00 a.m. to noon, Joyce Montoya

NEWS & VIEWS



For Laughs: The Pillsbury Doughboy

Kinda makes you laugh and cry at the same time...

Please join me in remembering a great icon of the entertainment community. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, The Hostess Twinkles and Captain Crunch. The gravesite was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, two children, John Dough and Jane Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3:50 for about 20 minutes.

Please rise to the occasion and take time to pass it on and share that smile with someone else who may be having a crumby day and kneads it.

Outstanding Senior: Suzanne Chavez, El Rancho

Suzanne met her husband, Eloy Chavez, on an airplane in 1992. They married in Santa Fe in 1996. In 1997 Eloy was diagnosed with Alzheimer's disease so Suzanne quit her job at a law firm in Santa Fe to stay home and care for her husband. Seven years later in 2004, Eloy passed away. It was then when Suzanne decided to get involved with her local town of Nambe, meeting new friends and volunteering.

Suzanne has seven dogs and one cat that she cares for like her children; they keep her on her toes.

She makes their food from scratch! Many years ago in California, she started her own business, *K-9 Food for Dogs*, out of her home. She made 700 jars of pet food for 100 customers who would pick up on Saturdays. Suzanne tried to get a shop of her own, but she didn't have sufficient funds to open at that time.

Several years ago, before she started volunteering at El Rancho center, she volunteered at Kitchen Angels baking cakes for three years. She enjoys helping out the community in anyway she possibly can.

Today, Suzanne is a volunteer at the El Rancho Community Center where she has been volunteering for two years. On Mondays and Wednesdays after lunch, she cleans up the kitchen by washing dishes, mopping the floor, straightening up, and helping to clean out the refrigerator. She also volunteers during El Rancho center fundraisers where she even donates several hand made rag rugs, hats and pizzels (Italian sweet wafer cookies).

Suzanne is enthusiastic and outgoing; anyone she meets, she greets with open arms, a smile and a joke. If she could put a smile on someone's face, it will make her day.

Pasatiempo Weekend Event

The Pasatiempo Senior Center is getting busy again. On Saturday, July 14th, members of the public and of the Pasatiempo Senior Center and their friends and families had a Frito Pie/Bake Sale fundraiser. Everyone had a great time and the Center raised money for future activities.

NEWS & VIEWS

Senior Employment Opportunity

Beginning January 1, 2007, the state of New Mexico will hire an income-eligible senior citizen (age 60 or over) to assist the Division of Senior Services. The position can be as a cook aid, a driver for Meals on Wheels, a cashier, or some combination. The job is 20 hours a week, and the salary is considered non-taxable income and is paid by the State of New Mexico.

This is a training opportunity and is a six-month employment position.

For more information, contact Lugi Gonzales at 955-4711.

ECHO Commodities Food Distribution

At the County Extension Bldg.
3229 Rodeo Rd.

Third Tuesday
of every month

9:30 a.m. - 1:30 p.m.

Next Distribution August 15.

Call 505-242-6777 for information.



Volunteers Needed

If you or someone you know is ready to make a difference in our community, the FGP and SCP volunteer programs would like to hear from you. Placements for the new school year are available in the local public schools and Head Starts or in nursing homes or private senior homes. Income eligible seniors will receive a modest tax free stipend, mileage reimbursement and the satisfaction of helping children with special and/or exceptional needs or lonely, isolated senior citizens. Call Melanie at 955-4761.

Attention Grandparents Raising Grandchildren

The City of Santa Fe, Division of Senior Services currently has funds available to assist grandparents providing out-of-pocket expenses such as medical related costs, food, clothing, etc., for their grandchildren. Eligible senior citizens (60 year of age or older) who live in the city or county of Santa Fe, and who show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive up to \$150.00 annually per child for reimbursable expenses. For more information please contact Melanie Montoya at 955-4761.

August Events

- Santa Fe County Fair: The 2006 Fair will be held at the Rodeo Grounds from August 6 to 19, with food, games, prizes, rides and animals. For more information, call 471-4711.
- Indian Market: This year, Indian Market will be held August 19 and 20, with works by Native American artists from hundreds of tribes, as well as food, demonstrations, and entertainment. For more information, call 983-5220, or go to www.swaia.org.

"War in Vietnam"

(Written by Aurora Romero during the Vietnam War for all Veterans)

The war in Vietnam
destroys people each day
Today a soldier dies dear God
Oh Peter let him in heaven I pray
Today a soldier died dear God
One more soldier from Vietnam
Today a soldier died dear God
he served his time in hell
he fought for you
he fought for me
he fought to keep America
brave and free
Cowards die a thousand deaths
The brave only die once

LEGAL & CONSUMER INFORMATION

Keep Credit Cards Under Control

(From the Federal Trade Commission)

Whether you shop online, by telephone or by mail, a credit card can make buying many things much easier; but when you use a credit card, it is important to keep track of your spending. Incidental and impulse purchases add up, and each one you make with a credit card is a separate loan. When the bill comes, you have to pay what you owe. Owing more than you can afford to repay can damage your credit rating. Keeping good records can prevent a lot of headaches, especially if there are inaccuracies on your monthly statement. If you notice a problem, promptly report it to the company that issued the card. If you order by mail, by telephone or online, keep copies and printouts with details about the transaction. These details should include the company's name, address and telephone number, the date of your order, a copy of the order form you sent to the company or a list of the stock codes of the items ordered, the order confirmation code, the ad or catalog from which you ordered (if applicable), warranties, and the return and refund policies.

Finally, if you have a credit card, take the following precautions: never lend it anyone; never sign a blank charge slip; draw lines through blank spaces on charge slips above the total so the amount can't be changed; never put your account number on the outside of an envelope or on a post card; always be cautious about disclosing your account number on the telephone unless you know the person you're dealing with represents a reputable company; always carry only the cards you anticipate using to prevent the possible loss or theft of all your cards or identification. Always report lost or stolen ATM and credit cards to the card issuers as soon as possible and follow up with a letter that includes your account number, when you noticed the card was missing, and when you first reported the loss.



Video Judge

(From *AARP Bulletin* June 2005)

Thousands of Medicare beneficiaries whose claims for coverage have been denied will now have to appeal to a judge through video screens instead of face to face in a courtroom, due to a federal policy issued by U.S. Department of Health and Human Services. It has drawn protests from consumer groups, lawmakers, and the judges themselves, who say rules could weaken their independence in deciding appeals.

Hearings before these administrative law judges form the third tier of appeal for beneficiaries trying to reverse denied Medicare payments for treatment and services. These hearings are pivotal because, for the first time in the process, impartial judges (instead of Medicare) hear the cases.

Until now, the Social Security Administration has held the hearings in 140 centers nationwide. HHS officials contend the new process will be more convenient for beneficiaries because it will allow hearings closer to their homes in videoconferencing facilities in towns across the country. However, only 50 judges will be assigned to hear the 64,000 cases brought forth annually.

Only beneficiaries who can show "special and extraordinary circumstances" will be considered for in-person hearings. All others will be required to make their appeals to a judge remotely through videoconferencing. The claimant and the judge will be able to see and talk to each other via television monitors.

Consumer advocates say that video conferencing will disadvantage many beneficiaries, especially the very old and sick, who are unfamiliar with a technology that is still far from perfection. Also, under the new rules the judges for the first time, must give "substantial deference" to Medicare official's guidelines in making their decisions.

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.



Benefits Counseling is funded and managed by the New Mexico Aging and Long-Term Services Department. This network of trained volunteers can help determine whether seniors and people with disabilities are receiving all of the health insurance and social service benefits that they have earned. The volunteers can answer questions about Medicare, Medicaid, Medigap, HMOs prescription medication, home health care and nursing home coverage, utility and food assistance, legal services and housing. The volunteers provide accurate, unbiased information about health care coverage options, and assist in the application process.

Volunteers receive training, staff support, and on-going updates regarding available benefits. Once comfortable with the information, volunteers can work from the Aging and Long-Term Services Resource Center, assisting people who call in with questions and concerns. Some volunteers choose to go to senior centers or other locations in the community to meet with individuals and access information through files or on the computer.



Disasters come in many forms, from accidents like fires and toxic spills, to aggressive acts such as terrorism and attacks, to natural disasters along the lines of floods and severe storms. If citizens take a few simple steps to prepare before disaster strikes, many hardships can be avoided. No amount of preparation can prevent all disasters, so support services need to be in place for those affected to access.

The Santa Fe branch of the **American Red Cross** seeks volunteers for outreach and education in disaster preparedness and relief. Volunteers receive training, Red Cross materials and staff support. Then they speak to members of their community one-on-one or through group presentations. They follow programs such as "Disaster Preparedness for Seniors by Seniors" or they learn how to provide support to someone in the midst of an emergency.

Santa Fe elementary schools are usually over crowded and understaffed. Many children are unable to get the individualized attention they need. This problem is exacerbated by the fact that a majority of students enter kindergarten without ever having been in a school or group setting and require extra time to adjust. **Helping One Student to Succeed (HOSTS)** is a program designed to ameliorate that situation, one child at a time.

HOSTS volunteers receive orientation and training early in the school year. Then, they are placed with a student. They meet and tutor the student individually for one to two hours a week throughout the school year. Consistency and individual tutoring are vital to allow a relationship of trust to build, so that the child develops the confidence he or she needs to learn and grow.

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

Ways to Volunteer with a Hospice Patient

(From Odyssey Health Care)

Rent their favorite movies and watch it with them. Listen to their favorite music. Take them outside for a walk. Write letters for a patient who cannot write anymore. Help them make a memory book. Let them teach you something. Listen to old stories. Sit with them during a scary medical appointment. Agree to sit with a patient so the family can get out of the house. Be a friend. Make them laugh. Decorate for a holiday. Take pictures of favorite places they used to like to go and show them. Sit outside and enjoy nature. You fill in the blank.



2005 U.S. Statistics in Volunteering

(From *Inspire by Example* September 2005)

Volunteers are defined as persons who did unpaid work (except for expenses) through or for an organization. During the past year, 65.4 million people, or 28.8% of the population, volunteered at least once.

About 25% of men and 32.4% of women did volunteer work, spending a median of 50 hours during the period, slightly down from the level in the three previous years.

Volunteers reported more than one activity they performed for their main organization. Fundraising was the most commonly reported activity (29.7%) followed by collecting, preparing, distributing, or serving food (26.3%), engaging in general labor or supplying transportation to people (22.5%), and tutoring or teaching (21.3%).

Among those who had volunteered at some point in the past, the reason most often given for not volunteering was lack of time (45.6%), followed by health or medical problems (15.2%) and family responsibilities or childcare problems (9.3%).



Birthdays this Month

The Retired and Senior Volunteer Program wish a very happy birthday to our active volunteers born in the month of

August

Henry E. Bahnsen	8/1	Robert L. Sinn	8/17
Aggie Cardenas	8/1	Luis Maestas	8/18
Angie Valdez	8/2	Rosina Ortega	8/18
Wanda R. Benziger	8/3	Marta Demarest	8/19
Patricia T. Peterson	8/3	Bill Caperton	8/20
Joe A. Casados	8/4	Mary G. Loomis	8/20
Judy Maes	8/4	Karla Vigil	8/20
Barbara C de Baca	8/6	Mary Ann Newmaker	8/21
Roxanne Gonzalez	8/6	Pedro Garcia	8/22
Ramona Griego	8/9	Paige Brown	8/24
Dori Lynn	8/9	Ollie Flannery	8/24
Joe J. Martinez	8/10	Rene Mason	8/24
Rose Ortega	8/10	Connie M. Archuleta	8/26
Bee Shulman	8/11	Louie Bryant	8/26
Marlys White	8/11	Patsy Campos	8/26
Clarita Maestas	8/12	Ruby V. Roybal	8/26
Duane "Pete" Myers	8/12	Dan Garcia	8/27
Ray L. Nichols Jr.	8/12	Ernestine B. Hagman	8/27
Thelma Corning	8/14	Lina M. Towles	8/27
Beverly A. Ireland	8/14	Manuel Rodriguez	8/28
Michael N. Brace	8/15	Mary Ohman	8/30
Jerre Fox	8/15	Ben G. Martinez	8/31

Have a Great Day!

FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS



Volunteer Spotlight

Margarito Garcia has been with the Senior Companion Program for over ten years. Currently, he is assigned to Pasatiempo Senior Center where he visits several clients. He recently volunteered at Casa Real Healthcare Center where everyone knew him as "Boss." Margarito was born here in Santa Fe (on Garcia Street) on August 22, 1918. He is married and has two sons and one daughter. His wife is currently at Santa Fe Care Center and Margarito spends many hours per day visiting her there. He enjoys being a Senior Companion because he likes to talk to people and the majority of his clients are younger than him. Their topics of conversation keep him interested. When asked how long he will keep volunteering, he responded "till I die!" He is a very dedicated and loyal volunteer. In 2004, Margarito received an award for being the oldest male Senior Companion in New Mexico! His age has never slowed him down.

In his younger years, Margarito was a builder, plasterer (the best in town) and a truck driver. He helped build many of the houses that still exist here in town. He also worked in the El Paso and Alamogordo airbases hauling asphalt and was hired as a janitor for the Santa Fe Public Schools but was immediately promoted to the carpenter shop due to his skills and abilities. He also served time in the Army's Infantry.

A little history: When he was 12 years old, he purchased his first car – a 1928 Nash 12 cylinder

with money he earned doing gardening and assisting people build houses. His father built 31 houses on Garcia Street! He remembers the story of his great-grandfather being kidnapped by an Indian tribe when he was a young boy. His grandfather was held captive for 20 years, escaped and ended up in Lamy and then Santa Fe. He became a sheepherder taking care of over 1000 sheep and eventually became a rich man and owning the majority of Garcia Street. Garcia Street is now considered one of the "richer" areas of Santa Fe.

Margarito mentions that Santa Fe has changed 100 percent over the years: new housing, new ideas and all the new rules. We hope Margarito continues to volunteer past his 100th birthday!

In-Service Training

August's in-service training will be a refresher course on rules and regulations of the Foster Grandparent and Senior Companion programs. The training will take place on Thursday, August 24 at 9:00 a.m. in the Mary Esther Gonzales Dining Room. Volunteers will not be required to work on this day and should plan on attending this informative training.



The Volunteer Programs wish a very happy birthday to our FGP and SCP volunteers born in the month of AUGUST.

Genevieve Maes	8/4
Lucille Valerio	8/4
Ramona Griego	8/9
Margarito Garcia	8/22

Thank You Volunteers!

ACTIVITIES *schedule by center*

All activities are free of charge and open to eligible seniors with a senior center membership ID card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	CHIMAYO Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Exercise (Class) Wood/Straw Tai Chi Sounds of the Past (English)	PASATIEMPO Mon./Wed./Fri. Wednesday Thursday Monday	9:30 am 9:30 am 9:00 am 12:30 pm
Board Games Ceramics (beg.) Ceramics (Adv.) Bingo Leatherwork Art Technique	EDGEWOOD Mon. thru Fri. Monday Tuesday Tuesday Wednesday Thursday	10:00 am 1:00 pm 1:00 pm 12:30 pm 1:00 pm 1:00 pm	Art Exercise Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Tuesday Wednesday Wednesday Wednesday Wednesday	10:00 am 9:30 am 10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Shopping/Errands	EL RANCHO Mon./Wed. Mon./Wed. Thursday Thursday	12:00 pm 9:00 am 12:00 pm 12:00 pm	Weaving Ceramics Open Crafts Wood/Straw Shopping/Errands Exercise	SANTA CRUZ Tuesday Monday Tuesday Tuesday Thursday Tuesday	9am/12:30pm 12:30 pm 9:00 am 12:30 pm 12:00 pm 10:00am
Coffee Pool/Cards Liquid Embroidery Sounds of the Past Sing-A-Long (Sp.) Guitar Lessons Bingo Movie Day Exercise	LUISA Mon. thru Fri. Mon. thru Fri. Monday Monday Tuesday Wednesday Friday Last Wed. of Month Friday	8:00 am 8:00 am 9:00 am 12:30 am 11:45 am 9:00 am 1:00 pm 1:00 pm 9:30 am	Bd. Games/Cards Coffee Bingo Toastmasters Art Technique Open Crafts Exercise	VENTANA DE VIDA Mon. thru Sat. Mon. thru Fri. Monday Monday Tuesday Friday Wed./Fri.	10:00 am 11:00 am 4:00 pm 6:30 pm 1:15 pm 1:15 pm 8:30 am
Guitar (Beg.) Exercise (Open) Pool/Cards Hospice Crafts Bingo Quilting Ceramics Wood/Straw Spanish Sing-A-Long Line Dancing Knitting	M.E.G. Mondays Mon. thru Fri. Mon. thru Fri. Monday Mon./Wed. Tuesday Wed./Fri. Thursday Wed./Fri. Friday Friday	9:00 am 8:00 am 8:00 am 1:00 pm 1:00 pm 10:00 am 9:30 am 9:30 am 11:30 am 1:30 pm 2:30 pm	Coffee Ceramics Open Crafts Bingo Wood/Straw Exercise	VILLA CONSUELO Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday Friday	8:00 am 9:30 am 9:00 am 11:00 am 1:00 pm 10:00 am

Classes are subject to change or cancellation. For more information, please call 955-4725.

ACTIVITIES *schedule by class*

All activities are free of charge and open to eligible seniors with a senior center membership ID card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	4:00 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood (Advanced)	1:00 pm	Tuesday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.

COFFEE

Luisa	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:30 pm	Friday

EXERCISE

M.E.G. (Open)	8:00am-4:30pm	Mon. thru Fri.
Pasatiempo	9:30 am	Mon./Wed./Fri.
Ventana de Vida (Class)	8:30am	Wed./Fri.
Santa Cruz	10:00 am	Tuesday
Rio en Medio	9:30 am	Wednesday
Luisa	9:30 am	Friday
Villa Consuelo	10:00 am	Friday

GUITAR (Beginner)

M.E.G.	9:00 am	Monday
Luisa	9:00 am	Wednesday

LEATHERWORK

Edgewood	1:00 pm	Wednesday
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MOVIE DAY

Luisa	1:00 pm	Last Wed.
M.E.G.	12:45 pm	Third Friday

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Thursday
Santa Cruz	9:00 am	Tuesday
Villa Consuelo	9:00 am	Mon./Wed./Fri
Ventana de Vida	1:15 pm	Friday

POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

QUILTING/SEWING

M.E.G.	10:00 am	Tuesday
Pasatiempo (sewing)	1:30 pm	Friday

SING-A-LONG

Luisa	11:45 am	Tuesday
Pasatiempo (English)	12:30 pm	Mon.
M.E.G. (Spanish)	11:30 am	Wed./Fri.

TAI CHI

Pasatiempo	9:00 am	Thursday
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WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 pm	Monday

WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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ACTIVITIES



August Birthday Celebrations

Join us in celebrating with those who have a birthday this month:

Santa Cruz Senior Center

Tuesday, August 15th at 11:30 a.m.

El Rancho Senior Center

Wednesday, August 16th at 11:30 a.m.

Ventana de Vida Senior Center

Friday, August 18th at 11:30 a.m.

Luisa Senior Center o

Friday, August 18th at 11:30 a.m.

Mary Esther Gonzales Senior Center

Friday, August 25th at 11:30 a.m.

Edgewood Senior Center

Thursday, August 24th at 12:00



Mobile Health Fair Van

Need healthcare? No problem. Providing FREE: health assessments, health education; finding affordable healthcare in your community; Medicaid registration; and answers concerning eligibility for many payment options. Se habla Espanol. Sponsored by Santa Fe County, St. Vincent Regional

medical Center & Presbyterian Medical Services.

FREE for ANY AGE

Glorieta Conference on Aging:

Wednesday, August 16, 10:00 to 4:00

Luisa Senior Center:

Tuesday, August 22, 9:00 to 3:00

Edgewood:

Thursday & Friday, August 24 & 25, 10:00 to 2:00

Exercise class taught by Health Fair Van staff on Fridays at 9:30 at Luisa Senior Center.



Listen each weekday morning at 6:50 a.m. to hear the daily lunch menu and special events happening at the senior centers. ¡Gracias, Que Suave!

Calling all Bingo Workers/Volunteers!

Mark your calendars: We are calling a mandatory bingo meeting for all bingo volunteers/workers from all senior centers on Friday, August 11th at 9:30 a.m. at the Mary Esther Gonzales Senior Center. We'll see you there!



¡Que Viva la Fiesta!

Join us for lunch at the Mary Esther Gonzales Senior Center, and enjoy authentic Mariachi music and meet the Santa Fe Fiesta Council's 2006 Don Diego De Vargas &

his Cuadria, and la Reina and her Princessas on Thursday, August 31st from 12:00 1:00. ¡Y, Que Viva la Fiesta!



Fiesta Dance

Thursday, September 7
Fraternal Order of Eagles

1121 Alto Street

1:00 to 4:00 p.m.

Music by Sombra

Refreshments will be served.

Admission: \$2 Bring your Senior ID Card.

NEW Bingo Time

Ventana de Vida Senior Center has changed their bingo time to Mondays at 1:00 p.m.

Come try your chance at our progressive jackpot bingo.

ACTIVITIES

Senior Centers' Barbeques

Santa Cruz: Tuesday, August 1
Chimayo: Wednesday, August 9
Pasatiempo: Thursday, August 24
Lunch is \$1.50 suggested donation
Please bring your Senior ID Card.



Pasatiempo Barbeque/Street Party

Enjoy good food, music and fun on Thursday, August 24th from 11:00 to 1:00, where we will block off the street and enjoy the outdoors for our barbeque.

New Pattern Sewing Class

Join us at the Pasatiempo Senior Center on Fridays from 1:00 to 3:00 p.m. to learn basic sewing skills using patterns.

Care to Share...

your art talents? Pasatiempo is looking for an art instructor. If you are interested, please call Carmen at 955-4754

Thank you, Santa Fe High NJROTC!

With neatly pressed uniforms, flags held proud, and guns-a-twirling, the Exhibition Color Guard of the Santa Fe High Navy Junior Recruiting Officers Training Corps. (NJROTC) presented the colors at the MEG center during lunch on Wednesday, July 5, in honor of Independence Day. After the presentation, the group stayed and enjoyed lunch with our seniors. Thank you, CLTJG Robert Cowder, CLTJG Albert Perea, CPO1 Rachel Patty, CPO3 John Malinowski, and CSCPO Marwin Espinoza.

Centers Closed

All senior centers will be closed on Monday, September 4th in observance of Labor Day. All senior centers will be closed in the afternoon (1/2 day) on Friday, September 8 in observance of Fiestas. (Congregate meals will not be served; only Meals on Wheels.)

Bus Day Trip to the National Hispanic Cultural Center of New Mexico

Friday, August 11
8:00 a.m. to 4:00 p.m.

\$6.00 Fee - includes round-trip transportation and museum entrance fee

(Lunch and shopping separate.)

There will be two exhibits to see (descriptions below). We will dine at La Fonda Del Bosque, an on-site restaurant, where visitors from around the world enjoy traditional New Mexican & Latin cuisine in a relaxed, authentic atmosphere. (Price varies.)

After a full day of artistic inspiration, visit La Tiendita (gift shop) for rich Hispanic cultural items with local, regional, and international elements.

Colección FEMSA, una mirada continental The FEMSA Collection, A Continental Vision

With special emphasis on Mexico, the exhibition features 60 modern and contemporary works of art dating from 1914 to 2004 by 57 Latin American artists. Included are paintings, sculptures, drawings, graphic arts, installations, photography, and video.

This traveling exhibition comes to Albuquerque from the Museo Contemporáneo de Monterrey (MARCO), in Monterrey, Mexico. From Albuquerque, it will travel to Bogotá, Colombia. The artists included in Colección FEMSA include such classic luminaries as Frida Kahlo, Diego Rivera, David Alfaro Siqueiros, Rufino Tamayo, Wifredo Lam and Roberto Matta. This exhibition is on view through August 13, 2006.

Hispanidad: Selections from the Permanent Collection

Highlighting recent acquisitions from the Center's growing art collection, this installation features important objects from the 1930s to the present by artists from New Mexico and throughout the nation. The exhibition includes traditional arts (such as religious carving and painting, tinwork, straw appliqué, weaving, and crafts.

Space is limited to the first 50 participants, so call 955-4721 to reserve your space!



ACTIVITIES

El Rancho Senior Center Spotlight

The El Rancho Community Center is in the northern part of Santa Fe County off Highway 502 going towards Los Alamos. The seniors there put a lot of time and energy all year long into making Arts & Crafts such as tin crosses, ceramic pieces, aprons, hats, blankets, etc. Each member donates several finished craft pieces to sell at one of their fundraisers.

With the funds they generate, they buy needed center supplies, help members and their families during times of grief, and occasionally treat themselves out to lunch.

On the third Wednesday of the month they have birthday celebration along with music and dancing.

They sing along with CD's and truly enjoy themselves.

They are loyal participants in bingo, tinwork, and weaving which is instructed by Margaret Smith who also is a member. Come visit El Rancho and join in!



October Senior Trip to Laughlin, NV

Price per person includes:

Round Trip Bus

Three nights at the Colorado Belle Hotel/Casino

One day at the Avi-Resort/Casino

Single Room \$145

Double Room \$115

Triple Room \$105

Cancellation fee of 10%

October 10: Depart MEG Center 7:00 a.m.;
arrive Laughlin 5:30 p.m. NV time

October 13: Depart Laughlin 7:30 a.m.;
arrive MEG Center 8:30 p.m.

For more information or to reserve your space, call:
Corrine Sanchez at 986-1780, or
Virginia Lucero at 983-8853

Six - Week Arthritis Self-Help Course Given By the Arthritis Foundation

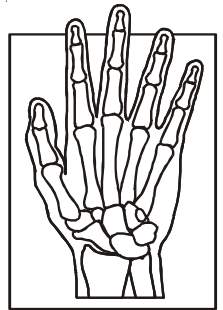
Course Leader: Kathy Smith

Where: M.E.G.

When: Tuesdays, 1:00 to 3:00 p.m.

Beginning Tuesday, August 15th

Cost: \$20.00



Anyone with any type of arthritis or related condition can attend this course. A spouse, other family member, or friend may accompany you as a registered member of the class, and in fact, it is encouraged.

All class participants receive a copy of the *Arthritis Helpbook* and a set of handouts and pamphlets. The nominal fee of \$20.00 covers program expenses.

To reserve your space call 955-4721.

Eye Glasses

On Tuesdays, from 9:30 to 4:00 you can come to the Mary Esther Gonzales Senior Center for convenient, on-site filling of prescription eye-ware at wholesale prices. There will be a wide choice of frames at 1/3 the cost of most stores. They are fully guaranteed for one year. Bring in your prescription on Tuesdays.

For more information, call 424-1035.

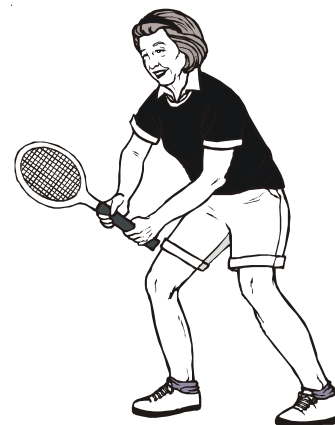
SENIOR OLYMPICS SPOTLIGHT

UP, UP AND AWAY

Up, up and away we go to the 2006 New Mexico Senior Olympics State Games to be held in Albuquerque from August 2 to August 6, 2006. Athletes from all over the state of New Mexico head to Albuquerque and congregate for a week full of sports competition, recreational activities and festivities. The City of Santa Fe will be superbly represented by the 104 local Senior Olympians who registered for the State Games. Of those registrants, 23 will be participating at State Games for the first time. The opening ceremonies for State Games will be held at the Rio Grande Zoo on August 2. There will be an Intergenerational 400 Meter Relay on August 5. The banquet and final ball will also be held on August 5 at the UNM Student Union Building. Athletes and younger family members can team up and join the fun.



This year 227 local athletes actually participated in our local events. Our events started with bowling in March and ended with Air Gun on June 29 and 30. Our numbers were up this year in both registration and participation and I am hoping that our numbers will continue to improve next year and years to come. This is an open invitation to you all to become involved in next year's local Senior Olympics. We had so much fun and, if you were to see our Olympians, you would see that they are visibly younger in spirit and healthier than most individuals their age. Staying involved and active will keep you younger, too.



Besides the State Games in August, Senior Olympics will be having its Volleyball Tournament in Rio Rancho August 18 to 20, the Softball Tournament, also in Rio Rancho September 15 to 17 and the 3-on-3 Basketball Tournament at the Genoveva Chavez Community Center in Santa Fe November 3 to 6.

So, you still have a chance to hop on board and join the other athletes from around the state of New Mexico. Registration deadline for Team Sports is 3 weeks prior to the tournaments. If you have any questions on team sports, you may call 955-4754.

Hasta luego,
Carmen

City of Santa Fe Softball Event will take place on Sunday, July 30 from 12 noon to 5 p.m. at the MRC.

State Games taking place in Albuquerque from August 2 to August 6.

Horseshoes Practice is on Mondays at 10 a.m. at the M.E.G. Center.

Volleyball Tournament will be on August 18 to August 20 in Rio Rancho.

Softball Tournament will be September 15 to September 17 also in Rio Rancho.

Basketball 3-on-3 Tournament will be November 3 to November 6 at Genoveva Chavez Center in Santa Fe.

Rx-America Group, Inc.

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who do not have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or who have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, **Rx-America Group, Inc.** will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.

To schedule an appointment with the Rx-America Director, Andres Romero, call Senior Services at 955-4721.

To obtain a **FREE** prescription search, fill out this form (please print) and mail to Director, c/o Rx-America Group, Inc., P.O. Box 31753, Santa Fe, NM 87594.

Name _____ Address _____

City, State Zip _____

Telephone Number _____ Best Time to Call _____

Prescription _____ Dosage (ml. or mg.) _____

Prescription _____ Dosage (ml. or mg.) _____

Additional prescriptions may be written on a separate blank sheet of paper attached to this one.

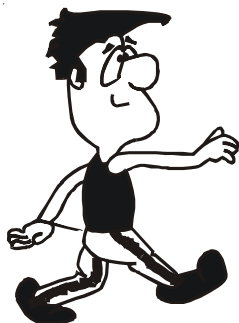
HEALTH

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results. Tests are conducted by Joanne M. Valdez, RN, BSN, (all city centers), Valerie Dorcy, RN, Lynn Berger, RN, and Frances Vigil, RN, (county centers) on the following dates:

M.E.G. Center - First and Second Tues.	Aug 1, 8	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs.	Aug 3	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs.	Aug 10	10:00 a.m. to 11:00 a.m.
Ventana de Vida Center - Third Thurs.	Cancelled	11:00 a.m. to 12:00 noon
Edgewood Center - Every Thurs.	Aug 3, 10, 17, 24	1:00 p.m. to 3:00 p.m.
El Rancho Center - Second Tues.	Aug 8	10:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed.	Aug 16	11:00 a.m. to 1:00 p.m.
Glorieta Conference on Aging	Aug 15, 16, 17	See Conference Schedule

HEALTH



5 Ways to Make Walking More Fun

(From the New Mexico Aging & Long Term Services Department)

- **Urban Walk** Start at a slow pace for five minutes. After you're warmed up, alternate between slow and rapid for each city block. Take flights of stairs two at a time. Find a bus stop or a park bench and do some stretching to cool down.
- **Mall Walk** Indoor malls give you a safe environment with restrooms, water, refreshments, and interesting sights no matter what the weather or time of day. You're also guaranteed not to be alone.
- **Tourist Walk** Walking can help you manage jet lag as well as explore a new locale. Check with the hotel or tourist information center for safe routes and sightseeing maps.
- **Meditation Walk** Focus on the soles of your feet meeting the ground and notice the pressure changes as you stride. Awaken all your senses to what you hear, see, smell, and feel.
- **Forest or Creek Walk** Start with easy trails. Carry bottled water, dress in layers, and wear waterproof shoes in damp areas. Look for waterfalls and other natural beauties.

living in New Mexico increases your risk of skin problems related to sun exposure. During the first 20 years of life, people receive 80% of life time sun exposure.

Skin Cancer Early Detection The ABCD rule can help you distinguish something that may be suspicious:

- **Asymmetry** - half of mole does not match the other half.
- **Border irregularity** - edges of the mole are ragged.
- **Color** - that is not uniformed. There may be shades of tan, brown, or black, and sometimes patches of red, blue, or white.
- **Diameter** - greater than 6 millimeters.

Office of Disability and Health

(From the New Mexico Department of Health)

The mission of the Office of Disability and Health (ODH) is to promote the health of people with disabilities, assess the prevalence of disability, and reduce health disparities among the people living with a disability.

ODH supports health promotion programs, prevention programs and many other activities designed to improve the quality of life for people with a disability. ODH has successfully supported the Take Charge Challenge and Living Well with a Disability programs around the state for several years. The Take Charge Challenge is a 10-week physical activity program in which participants determine their own goals, enjoy activities of their choice, and receive awards. Living Well with a Disability is a curriculum designed to instruct on ways of developing healthy habits and an active life style.

ODH also helps support prevention programs. In partnership with the University of New Mexico Center for Alcohol, Substance Abuse, and Addictions, ODH provides coordination among communities, schools, and other health programs to promote education on fetal alcohol syndrome.

For more information call 827-0272.

Sun and Your Skin

(From the City of Santa Fe's *Quick Read*, May 2006)

Did you know that the skin is the largest organ in the human body? The skin protects our bodies from harmful microorganisms, chemicals, loss of life sustaining fluids and injury and helps regulate body temperature. Skin cancer is the most common type of cancer in the United States. New Mexico is a "Sun Belt" state. Also, New Mexico's high altitude increases the intensity of UV sunlight exposure. Thus,

Philosophy of Excessive Moderation Recommended for Senior Fitness

By Jeff Della Penna

Without a doubt, one of the best ways to be proactive about your health is a regular routine of moderate exercise. Having said that, I want to emphasize that the key word is, "moderate". Like everything in life, too much of a good thing can be bad for you, and that includes exercise.



It might sound funny for a professional fitness trainer to be advocating a less-is-better approach to exercising, but that's exactly what I'm suggesting. In the baby boomer generation, an excessive approach to exercise has led to something that the American Academy of Orthopedic Surgeons calls, "boomeritis," referring to the growing number of sports injuries among that age group. According to a U.S. Consumer Product Safety Commission report released in 1999, more than one million baby boomers (born between 1946 and 1964) were treated for sports related injuries in 1998, a 33% increase from seven years earlier.

Although, corresponding information related to seniors and super-seniors is harder to compile, a correlation can certainly be drawn without much rocket science.

Rule #1: Stay active, because being sedentary is much more of a health risk than injury from exercise.

Rule #2: Being more moderate in your activity is a smarter approach than over-doing it.

One of my long time clients, John Lathrop, has found the common sense compromise between being sedentary and over-doing it. In fact, I like his philosophy so much I've passed it on to all of my

clients, no matter how young. I'm happy to share it with you. John's plan is to stay active, but avoid the pain often associated with working out, known as, "the burn."

John's idea is to move his body every day, throughout the course of the day. While he's in the kitchen, waiting for the water to boil, he might be practicing balancing on one leg, using the countertop as a hand hold. While he's waiting for his computer to boot-up, he might lift his feet up off the floor, marching in place, or do a few torso twists. If he's on the computer, he won't sit for hours- instead he'll usually get up and move around the room every 15 or 20 minutes. He may put a little music on and dance while he's waiting for something to cook, or roll his shoulders or swing his arms while he's talking on the phone. He just keeps moving.

When John is working out at the gym, he sticks to a "Burn + 3" rule. "I'll do the exercise, until I get a little burn in my muscles and then I'll do three more. That's it!" John said. "And, if I feel any pain, I stop that exercise right away." When I work with John, my job is to choose weights that he can lift at least 15 times without pain and without feeling "the burn". If he can easily lift the weight more than 20 times, the weight I've chosen is probably too light. If he experiences pain or "the burn" before he does 15 repetitions, the weight that I chose was too darn heavy. We use this assessment process each time that John comes into the gym. On some days, John is stronger than other days. And, sometimes he's not feeling so strong. But, by listening to John's body and avoiding excessive workouts, we've been able to keep John strong, active, and most importantly, injury free.

Jeff Della Penna is the Contributing Editor for Health and Fitness for the Santa Fean Magazine. He is currently working on a special Neurometric Training Program for Seniors and Super-Seniors designed to improve proprioceptional function and support balance and core stabilization. Jeff will be demonstrating his Neurometric Training Program at the M.E.G. Center at an upcoming workshop.

SAFETY



Free Emergency Preparedness Kits

On Thursday, September 21, we will assemble and distribute Red Cross-comparable Emergency Preparedness Kits for all interested seniors. The kits contain three days of emergency supplies, including water, food, flashlight, light sticks, whistle, thermal blanket, body/hand warmers, rain poncho, dust mask, hygiene supplies, biohazard waste bag and a basic first aid kit. Join us for this potentially life-saving workshop!

The morning will include:

- Emergency tips by the Director of Emergency Management for Santa Fe
- Emergency Preparedness Kits
- Packets for Life and help to complete them
- Snacks, coffee, juice

The session is sponsored by the Retired Senior Volunteer Program (RSVP), and any volunteer or senior age 60+ is invited to attend. It is entirely free of charge. Each senior who comes to the workshop will go home with a complete kit.

Date and time: September 21, 10:00am- noon
Location: Genoveva Chavez Community Center

Information/Questions: call 955-4760

Reserve your space: call 955-4721

Understanding Wildfire

(From the Santa Fe Fire Department)

Most fires start small—a match, a cigarette, a spark. And most fires stay small. They just burn off grass, and then fizzle out. However, there is one thing that can change a fizzle into an inferno: Wind. That little tiny fire burns a patch of grass. But a breeze comes along and pushes the fire for a couple of feet to the edge of a bone dry chamisa bush. The chamisa quickly bursts into flame. The tall flames above the chamisa are bent by the wind and ignite a nearby piñon pine. The wind throws embers ¼ mile ahead of the flames. These embers start new fires.

To prevent wildfire:

- Soak fireplace ashes.
- Stay with your barbeque grill while cooking.
- Put cigarettes out cold.
- Make sure you have a screen on your chimney.
- Park your car away from tall grass.
- Watch out when welding.
- Be careful when burning weeds and debris.
- Drown and stir your campfire until it is cold to the touch.

Disaster Supply Kit

A disaster supply kit can contain a wide variety of items, depending upon your needs, your lifestyle and your abilities.

The common items, which every kit should contain include:

1. Clean water (several gallons, switched out periodically)
2. Basic foods (power bars or canned food and a can opener)
3. Flashlight with batteries (change batteries annually)
4. Copies of important documents (license, birth certificate, insurance cards, etc)
5. A list of medications and doses (update the list often)

PUZZLES

ACROSS

- 1 Waldorf
6 Per
10 Home paper
14 Sorbonne, e.g.
15 Number of Heinz flavors in old Rome?
16 Columnist Bombeck
17 Uninvolved
18 How some kids ride
20 A book one shouldn't miss
22 Good drink for the flu
23 Opposite of a ques.
24 Tempe sch.
25 "Star-Spangled Banner" preposition
26 Diagonal (to)
31 Some Surrealist works
32 LAX posting
33 It goes with the flow
37 Part of the German/Polish border
38 The privileged
40 Singer Redding
41 Barbershop call
42 Source of iron
43 Voting groups
44 Where to pontificate
47 Union foe: Abbr.
50 Show presenter on base, briefly
51 Part of E.U.: Abbr.
52 Veep who went to a Graduate School of Religion
54 They're between D's and E's on guitars
59 Diners' requests
61 Key material
62 Shake up
63 "Garfield" dog

- 64 Grand —
65 Guarded rapier
66 Desires
67 Largest tributary of the Missouri

DOWN

- 1 It's in stitches
2 It may take a case pro bono
3 British "rest stations"
4 Gobs
5 Helps pay for
6 Rio Grande city
7 Enthusiastic
8 Smoke, informally
9 They can rock the boat
10 National —
11 Muse of poetry

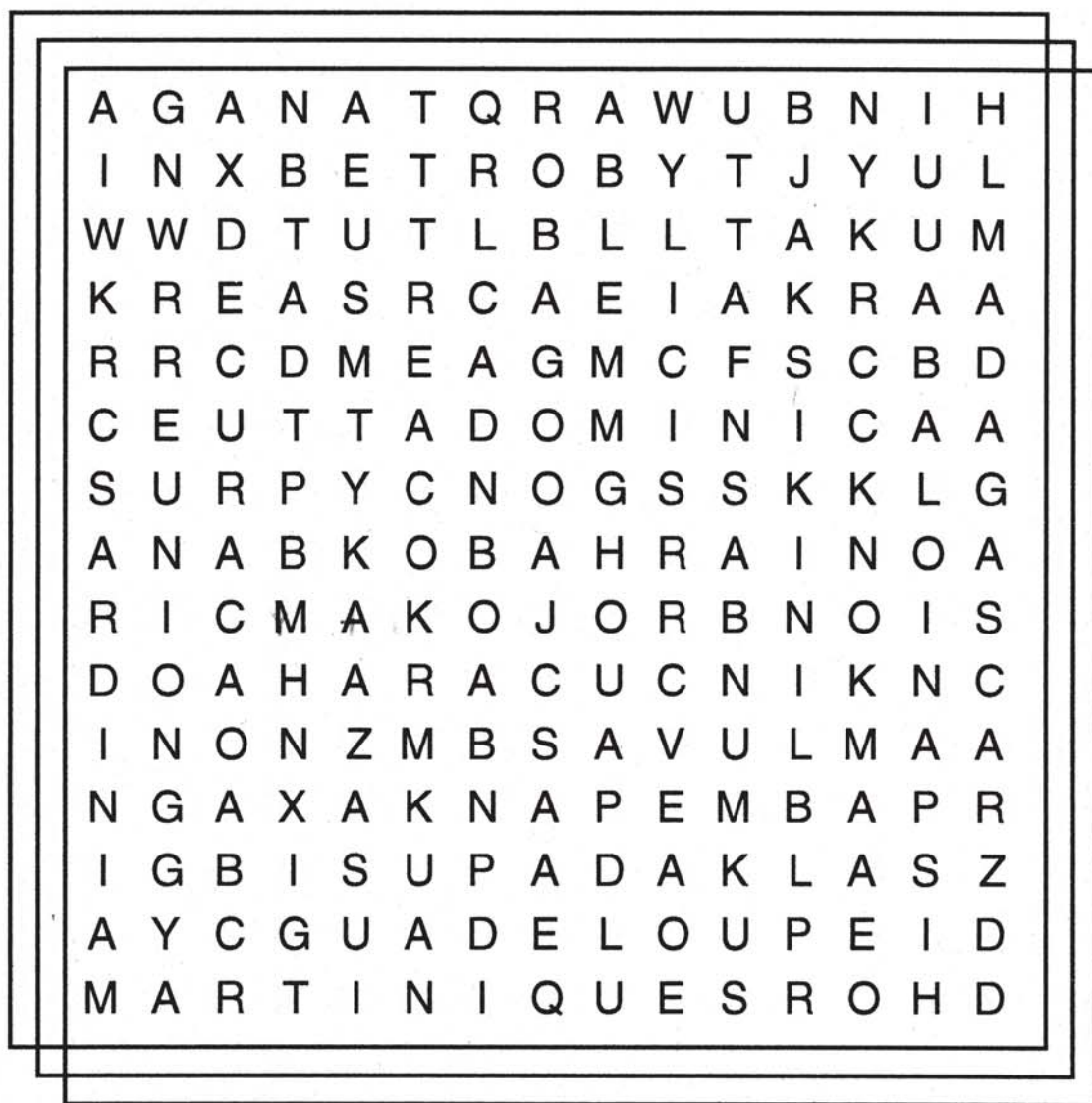
- 12 One who rules the roast
13 Senegal's capital
19 "What's — pleasure?"
21 S.A.S.E., e.g.
24 Pay to play
26 "Let's go!"
27 West Wing worker
28 Frightening dinosaur
29 Reason to sue
30 Celebrate
33 Take it easy
34 Sitting on
35 "Veni, vidi, —"
36 Secy.
38 Part of an estate's staff
39 Folk's Guthrie
43 It's full of beans
44 Hide well

- 45 Affirmatives
46 "— a lid on it!"
47 Training group
48 Sailing vessel
49 Texas A&M athlete
53 Look up and down
54 Opposed, in Dogpatch
55 Currier's partner
56 — care in the world
57 Tavern order
58 End of a New Year's Eve song
60 Soft drink

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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PUZZLES

ISLAND HOPPING



W-0104

ADAK
ANDAMAN
ARUBA
ATTU
BAHRAIN
BARBADOS
CORSICA

CRETE
CUBA
CURACAO
CYPRUS
DOMINICA
ELBA
GUADELOUPE

HISPANIOLA
JAMAICA
KANAGA
KISKA
MADAGASCAR
MALTA
MARTINIQUE

PEMBA
REUNION
RHODES
ROBAGO
SARDINIA
SICILY
TANAGA

PUZZLE ANSWERS

S	A	L	A	D		E	A	C	H		D	E	E	D	
E	C	O	L	E		L	V	I	I		E	R	M	A	
A	L	O	O	F		P	I	G	G	Y	B	A	C	K	
M	U	S	T	R	E	A	D		H	O	T	T	E	A	
					A	N	S		A	S	U		O	E	R
C	A	T	T	Y	C	O	R	N	E	R					
M	I	R	O	S			E	T	A		L	A	V	A	
O	D	E	R			H	A	V	E	S		O	T	I	S
N	E	X	T			O	R	E			B	L	O	C	S
					B	U	L	L	Y	P	U	L	P	I	T
C	S	A			U	S	O		E	U	R				
A	L	G	O	R	E		A	S	T	R	I	N	G	S	
D	O	G	G	Y	B	A	G	S		I	V	O	R	Y	
R	O	I	L			O	D	I	E		T	E	T	O	N
E	P	E	E			Y	E	N	S		O	S	A	G	E

A	G	A	N	A	T	Q	R	A	W	U	B	N	I	H
I	N	X	B	E	T	R	O	B	Y	T	J	Y	U	L
W	W	D	T	U	T	L	B	L	T	A	K	U	M	
K	R	E	A	S	R	C	A	E	I	A	K	R	A	
R	R	C	D	M	E	A	G	M	C	F	S	C	B	D
C	E	U	T	T	A	D	O	M	I	N	G	A	A	
S	U	R	P	Y	C	N	O	G	S	S	K	K	L	G
A	N	A	B	K	O	B	A	N	R	A	I	N	O	A
R	I	C	M	A	K	O	J	O	R	B	N	O	S	
D	O	A	H	A	R	A	C	U	G	N	I	K	N	C
I	N	O	N	Z	M	B	S	A	V	U	L	M	A	A
N	G	A	X	A	K	N	A	P	E	M	B	A	P	R
I	G	B	I	S	U	P	A	D	A	K	L	A	S	Z
A	Y	C	G	U	A	D	E	L	O	U	P	E	D	
M	A	R	T	I	N	I	Q	U	E	S	R	O	H	D

SENIOR CENTER LUNCH MENU

AUGUST 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SLOPPY JOE TATER TOTS TOSSED SALAD PEAS BUN MILK MIXED FRUIT	2 HAM & CHEESE SANDWICH GARNISH POTATO SALAD COLE SLAW MILK CANTALOUPE	3 GREEN CHILE CHICKEN ENCHILADAS MIXED VEGGIES PINTO BEANS TORTILLA MILK JELLO	4 RIBS WITH BBQ SAUCE CUCUMBER SALAD 1/2 BAKED POTATO ROLL MILK PEACHES
7 SWEDISH MEATBALLS CREAM SAUCE ITALIAN VEGGIES TOSSED SALAD GARLIC BREAD MILK ORANGE	8 LIVER & ONIONS NEW POTATOES 5-WAY VEGGIES ROLL MILK FROSTED CAKE	9 TURKEY FRITTER PARSLEY POTATOES TURKEY GRAVY BROCCOLI & CAULIFLOWER ROLL MILK APRICOTS	10 FRITO PIE WITH CHEESE & ONIONS MEXI CORN CRACKERS MILK PINEAPPLE BITS	11 CHICKEN STIR FRY FRIED RICE ORIENTAL VEGGIES EGG ROLL MILK SLICED APPLES
14 POLISH SAUSAGE SAUERKRAUT BOILED POTATOES CARROTS ROLL MILK YOGURT	15 CHEF SALAD BOILED EGG MACARONI SALAD PICKLE WEDGES BREAD STICK MILK STRAWBERRIES	16 MARINARA CHICKEN OVER SPAGHETTI GREEN BEANS TOSSED SALAD GARLIC BREAD MILK VANILLA PUDDING	17 PORK ROAST WITH GRAVY 1/2 BAKED POTATO SPINACH ROLL MILK COOKIES	18 BEEF & BEAN BURRITO WITH CHILE SAUCE SPANISH RICE PEAS & CARROTS MILK CHERRY CRISP
21 CHICKEN PATTY WITH CREAM GRAVY MASHED POTATOES CALIF. MIX VEGGIES ROLL MILK PEAR	22 TAMALE REFRIED BEANS CALABACITAS TORTILLA MILK COTTAGE CHEESE WITH FRUIT	23 TUNA SALAD TOMATO WEDGES POTATO CHIPS CRACKERS MILK BROWNIE	24 ORANGE SESAME CHICKEN FLUFFY RICE EGG ROLL ORIENTAL VEGGIES FORTUNE COOKIE MILK ORANGE	25 CORN DOG PORK 'N' BEANS PEAS & CARROTS COLE SLAW MILK APPLE SAUCE
28 FISH FILLET SCALLOPED POTATOES ASPARAGUS ROLL MILK APPLE	29 CHICKEN PARMESAN BROCCOLI TOSSED SALAD ROLL MILK WATERMELON	30 BEEF & MUSHROOM STROGANOFF OVER RICE GREEN BEANS ROLL MILK PLUMS	31 COOKS CHOICE	

Please note: Senior Meal Suggested Donations: Breakfast \$1, Lunch \$1.50

Non-Senior (under 60) Meal Fees: Breakfast \$3, Lunch \$4.25



City of Santa Fe
Division of Senior Services
200 Lincoln Ave.
Santa Fe, New Mexico 87504-0909

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